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EDMONTON • TUESDAY, APRIL 14, 2009

metron



**Miley defends her memoirs**  
pg 23

# Crime moving out: Expert

City's drop in homicides likely means criminals are doing business somewhere else

**VICTORIA HANDSIDES**  
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**The ebb and flow in the traditional rising tide of Edmonton homicides has calmed for a period not seen in years, leaving crime experts with the conclusion that violent criminals are being washed to other areas.**

Edmonton has not seen a homicide in 52 days, a rarity in a city that plays host to

murder every 10 days or so. "It's a nice period, not to pick up the paper and see dead people," said Grant MacEwan College criminologist Bill Pitt.

Though gang violence and murders are decreasing on Edmonton streets, rates are rising in rural communities. There were 53 rural homicides investigated in 2008, more than double the 23 slayings of 2007.

**"They're getting out of town. They're under the gun here. The leaders are being targeted, and they like to operate in the dark, metaphorically."**

Bill Pitt, criminologist

"They're getting out of town," Pitt said. "They're under the gun here. The leaders are being targeted, and they like to operate in the dark, metaphorically."

Pitt credits the work of law enforcement agencies, who have taken proactive steps to quell gang violence. Somali leaders met with police officials last fall, in hopes to save more young men from falling victim

to deadly violence. Four Somali men were murdered in 2008, three of whom were suspects, or charged in other murders.

"There's much stronger surveillance to groups inside the city and they're feeling uncomfortable," Pitt said. "Once they separate, we don't see it in town, but we're seeing it in places like Fort McMurray, Grande Prairie and Peace River."

The last, long stretch where

streets were homicide-free was in 2006, when 88 days passed between the March 2 murder of Stefan Conley and the May 29 murder of Jerry Nguyen.

The last person to be murdered in city limits was 21-year-old Brendan McNaughton, who was stabbed behind a west-end pub Feb. 21.

"These things are episodic — you'll get clusters of them," Pitt said. "... Time will tell if it's an anomaly."

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**Metric goes positive in new album**

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**Importance of oral health**

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**Mapping out your future**



A supporter of former prime minister Thaksin Shinawatra gestures as members of the Thai military take over the streets yesterday in Bangkok, Thailand. Anti-government protesters clashed with the military after the government declared a state of emergency.

## Two dead in Thailand protests

**EMERGENCY** A stand-off continued today between Thai troops and thousands of anti-government protesters who have besieged the prime minister's office for three weeks, after a day of violence in which two people died.

Sovereign analysts have said that beside the damage to Thailand's crucial tourism industry, the main risk from political instabil-

### Political crisis

• Thailand's political crisis pits royalists, the military and the urban middle-class against the rural poor loyal to ex-prime

ity was that foreign and domestic investment, already hit by the global economic crisis, would suffer a further blow.

All was calm at Govern-

ment House earlier today, in contrast to the violent scenes yesterday at a major intersection in the capital, which the red-shirted demonstrators had barri-

minister Thaksin Shinawatra, who was ousted in a 2006 coup and lives in exile to avoid jail on a corruption conviction.

caded and which troops cleared with repeated charges, firing shots.

Prime Minister Abhisit Vejjajiva, who declared a state of emergency in Bangkok on Sunday, told Reuters it was a "do-or-die" moment for the rule of law and said he would not negotiate with the protesters' figurehead, exiled ex-prime minister Thaksin Shinawatra.

REUTERS

## Man dies in Thorsby truck crash

**FATALITY** One man is dead following a crash near Thorsby yesterday morning.

A white Toyota truck was travelling northbound on Secondary Highway 778 around 10:30 a.m., when it slid off the road into an east ditch, striking an approach.

The lone driver, a 44-year-old Calgary man, was ejected from the vehicle. He was not wearing a seat-belt at the time of the crash.

Emergency crews responded, and transported the victim to hospital, where he was pronounced dead.

Mounties are still investigating to determine a cause for the collision.

The name of the victim is not being released, pending notification of next of kin.

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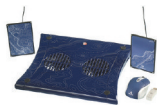


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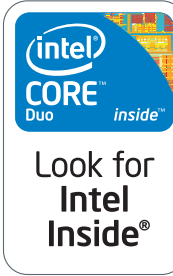
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**Local mosquitoes to feel the bite of city's control program**

The never-ending battle of man versus mosquito continues as the city has recently launched its 2009 Mosquito Control Program. In the next few weeks, ground crews and helicopters will work to kill larvae in water pools within a three-kilometre radius of the city. **METRO EDMONTON**

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# Local



## Young Alberta-bound

Ageless rock icon Neil Young will be making an appearance in Edmonton to help promote his latest album, *Fork in the Road*. The show will be held at Rexall Place on April 23 and the doors will open at 7 p.m. Tickets start at \$55 and can be bought now at Ticketmaster. **METRO EDMONTON**

## Gender reassignment cutbacks fought

Transgendered people filing human rights complaints after funding axed

**VICTORIA HANDYSIDES**  
victoria.handysides@metronews.ca

**The first steps in a journey to picking up the pieces of shattered dreams will be attempted by a group of outraged transgendered Albertans tomorrow.**

Led by 39-year-old Michelle Drinkell, about a dozen people will file human rights complaints toward a government they say snatched their chances at lives reborn, all to save \$700,000 in this year's budget.

"I'm devastated, I have no idea what I can do to save money for surgery," she said. "I just want to be seen as another person."

Drinkell joins a list of infuriated Albertans whose sex change operations won't be funded by the provincial government.

A four-year road of self-acceptance, psychiatric evaluation, laser hair removal, and hormone treatment was set to end in June, when funding for her male-to-female surgery was to be approved.

The decision to axe gen-

**"I'm devastated. I have no idea what I can do to save money for surgery. I just want to be seen as another person."**

Michelle Drinkell

der reassignment surgery from the budget was like a slap in the face, Drinkell said.

"Things just got to a point where I couldn't pretend to be the man everyone expected me to be," she said. Drinkell knew around age six that she wanted to be a different

gender.

Accompanied with almost 20 supporters, Edmontonian Sarah King, 33, will file a separate class-action lawsuit against the Alberta Government tomorrow. She hopes to win an injunction to fund those currently on the surgery waiting list and to have

funding relisted.

Drinkell and a group of like-minded supporters plan to attend question period at the legislature today, backed by NDP MLA Rachel Notley, who will submit a stack of letters for public record.

"All we can do is fight as a community and hope for the best that we can have this part of the budget reversed somehow," Drinkell said.

"Or we might have to wait for another government to get in — we just don't know."

## Two injured in Hwy. 23 crash

**COLLISION** Two people were injured in a three-vehicle collision on Highway 23 at Range Road 231 yesterday morning.

A Dodge Durango going southbound on Range Road 231 entered the intersection and was hit by an eastbound Chrysler. The Durango was pushed into a van waiting at the intersection.

The occupant of the Durango, a 53-year-old woman from Sherwood Park was airlifted to hospital with serious injuries. The Chrysler's driver, also a 53-year-old woman, suffered non-life-threatening injuries. **METRO NEWS SERVICES**

## Dog rescued from mill gives birth to three pups

**ANDREW COWAN**  
for Metro Edmonton

One of the dogs rescued recently from a local commercial puppy mill has given birth to three healthy puppies over Easter Sunday.

One-year-old Cinnamon gave birth to three puppies, two females and one male, all of which are being taken care of at the Edmonton Humane Society Shelter.

While it's not unheard of for a dog as young as Cinnamon to have puppies, the Edmonton Humane Society considers it to be a very young age for a dog to give birth.

"It is pretty young, it's considered," said Shawna Randolph, spokesperson

### Mill bust

- More than 50 animals were recovered in early April in what was considered Edmonton's first commercial breeding mill case.

for the society. "She'll be staying in foster care with the puppies for the next couple months."

After a few months, if they're still healthy and strong, the unnamed puppies will be tested for adoption and be available for the public.

Randolph said Cinnamon wasn't the only rescued dog that was pregnant when brought into the shelter clinic from the mill, but unfortunately the litter from the other dog did not survive.

## Easter Chick magnets



Zoo interpreter Sarah McPike, left, shows off a baby chick during Hop to it! at Edmonton's Valley Zoo yesterday. The Easter Monday event was held to welcome the change in seasons, with different Easter babies, including chicks and bunnies in the indoor petting zoo.

### News in brief


**PLANNING** Tomorrow is the last day for Edmontonians to weigh in on the future of the South and West LRT routes. Opinions gathered from the online questionnaires will be used by city officials. To share your views, visit <http://www.nanosresearch.com/westlrt.html> and <http://www.nanosresearch.com/selrt.html>. **METRO EDMONTON**

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Police in southwestern Ontario have ended a "thorough" ground search for an eight-year-old Woodstock, Ont., girl, but continue to investigate her disappearance as a missing-persons case. Victoria (Tori) Stafford was last seen leaving her school on Wednesday afternoon. **CBC NEWS ONLINE**

# Canada



## Maple Leaf CEO takes responsibility

If Michael McCain had known last year what he knows today about the deadly listeria bacteria, 21 lives could have been saved, the president and CEO of Maple Leaf Foods said yesterday. "It's blindingly clear that Maple Leaf was responsible for the loss of 21 lives," McCain said. "I felt that personally." While Maple Leaf conducted its own internal listeria tests prior to the outbreak, McCain said the company wasn't rigorous enough about analyzing the results.

TORSTAR NEWS SERVICE

### News in brief

**POLITICS** During the national televised debates during the 2008 federal election campaign, Prime Minister Stephen Harper broke the rules by carrying a cheat sheet, says Green party Leader Elizabeth May. May writes in a new book that participants were told

they would be provided with blank index cards for note-taking, but they were forbidden from bringing their own background material.

**AFGHANISTAN** Canadian relatives of a women's-rights advocate slain in Afghanistan say

they warned her of the dangers of working in the country. Sitara Achakzai, a member of Kandahar's provincial council, was killed Sunday when four gunmen opened fire as she got out of her car outside her home in Kandahar City.

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## Go Greek for health

Mediterranean diet great for hearts: Study

**A little red wine is in. Red meat is unquestionably out. And the Mediterranean diet is simply golden.**

That is the conclusion of a study out of McMaster University in Hamilton, Ont., that purports to offer the most definitive word yet on the foods that are good for your heart.

The study, which examined almost 60 years of existing research on diet and heart disease, attempts to separate the whole wheat from the chaff on foods in a way that doctors and consumers can swallow with confidence, said Dr. Sonia Anand, the study's senior author. It appeared yesterday in the journal Archives of Internal Medicine.

### Pass on pills

- There is "moderate" evidence that vitamins E and C in fruits or vegetables have some heart-protective properties, but almost none that proves they are beneficial in pill form.

While the study's list of foods that protect the heart contains few surprises — whole grains and vegetables are good, processed meats are bad — researchers found little evidence to support the claims of some highly touted diets and supplements.

Generally, heart-friendly foods include vegetables, nuts and those found in Mediterranean diets. Indeed, the Mediterranean diet is one Greek gift that every heart should welcome as a shield against coronary ailments, Anand said.

ed diets and supplements. "One area that we did not find overwhelmingly strong evidence for would be the Omega-3 fatty acids," said Anand. Those coming from fish seem to be heart protective, while those that come from plant sources like walnuts and flaxseed have little in the research to support them.

TORSTAR NEWS SERVICE

## Nova Scotia Going with the flow



More than 50 people walked around Lake Banook, N.S., yesterday to raise awareness about the state of Canada's water supply as part of National Aboriginal Water Day of Action. Close to 100 First Nations communities are on water-boiling advisories, one advocate said.

## Afghan vets with trauma up by 50 %

**MILITARY** More than one in every five Canadian soldiers and police officers deployed to Afghanistan leave the force with post-traumatic stress or other psychiatric problems, and that figure is rapidly rising, sources say.

By the end of last month, the number of soldiers and police officers discharged from the military and RCMP for psychological strains after tours in Afghanistan had reached 1,053, representing an increase of more than 50 per cent from 2008, a spokesperson for Veterans Affairs Canada said.

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Taiwan police have arrested a 55-year-old man for lobbing bank notes worth about 1 million Taiwan dollars (\$36,000) from vehicles, causing disorder in the streets, a police officer said yesterday. The man tossed the bills from a taxi in a crowded part of Taichung city on Sunday as people stopped to pick up the cash. **REUTERS**

Throwing bills from taxi nets arrest in Taiwan

# World



## Galapagos wildlife at risk

An erupting volcano in the Galapagos Islands could threaten unique wildlife such as marine and terrestrial iguanas, say officials with the Galapagos National Park. Lava flowed into the sea and clouds of gas and smoke poured from La Cumbre volcano on Fernandina Island, which has no human inhabitants, after it erupted Saturday. **REUTERS**

## Anger in Somalia

### Rebels attack plane, pirates vow revenge

Somalia's militant Islamist rebel group al Shabaab said yesterday it fired mortars at a plane carrying a U.S. lawmaker, a day after U.S. snipers killed three Somali pirates and freed the American ship captain they had been holding hostage.

An al Shabaab spokesman said his group fired at the plane carrying Representative Donald Payne as he left the anarchic Horn of Africa country following a rare one-day visit by a U.S. official. Payne's plane took off safely and no one was hurt.

The successful rescue of captain Richard Phillips, who had been held by pirates for five days in a drifting lifeboat after their at-

**"America has become our new enemy."**

Farah, pirate

tempt to hijack the U.S.-flagged container ship Maersk Alabama failed, was hailed in the United States as a "feel-good" story that temporarily lifted the country's spirits in gloomy economic times.

Three U.S. snipers each fired a single shot virtually simultaneously, each killing his target. A fourth pirate was captured alive.

More than 250 hostages of many nationalities are still being held along the Somali coast by pirates.

Helicopters once again flew over pirate bases near Eyl on the Somali coast overnight after Phillips' rescue.

"They killed our friends on the lifeboat and we thought helicopters would bomb us in Eyl last night," a pirate in Eyl, who called himself Farah, told Reuters.

"We were mourning for dead friends and then roaring planes came — grief upon grief. America has become our new enemy."

Al Shabaab, which condemns both piracy and anti-piracy patrols by international navies off Somalia, said the attack on Payne's plane was a message to the United States, but did not directly link it to the hostage issue. **REUTERS**

## Myanmar Golden Rock Pagoda



Buddhist devotees wait to offer gold to the Kyaikhtiyo Pagoda, also known as the Golden Rock Pagoda, yesterday in Myanmar. The pagoda is built on a granite boulder balanced on the edge of a mountain about a kilometre above sea level.

## News in brief

**NUCLEAR** North Korea said early this morning that it saw talks on ending its nuclear weapons program as "useless" and it planned to restart its plant that makes arms-grade plutonium. The UN Security Council yesterday unanimously condemned North Korea's long-range rocket launch nearly two weeks ago, and demanded enforcement of existing sanctions.

**KAZAKHSTAN** Kazakhstan's security service accused the defence ministry of buying defective military hardware from Israel yesterday in a rare public spat exposing tensions among the security elite. The state's KNB service said it was investigating a number of unnamed defence ministry officials.

**SUDAN** Sudanese authorities yesterday executed nine men found guilty in the 2006 murder of a Sudanese newspaper editor, state media said.

**REUTERS**

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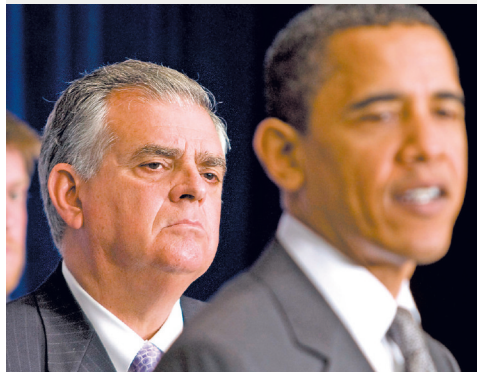
**Starwood going ahead with Sheraton overhaul**

Starwood Hotels & Resorts Worldwide said yesterday it was moving ahead with a \$4-billion US overhaul of its Sheraton brand despite the economic slump. **REUTERS**

# Business

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	US\$	\$1.2193		\$1.19	
					9,285.62
					98.50

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

**U.S. Projects under budget**

U.S. Secretary of Transportation Ray LaHood, left, listens to U.S. President Barack Obama speaking about the economy at the U.S. Department of Transportation in Washington yesterday. Obama said yesterday that 2,000 major infrastructure projects being undertaken as part of his \$787-billion US economic stimulus plan were ahead of schedule and under budget.

## Smartphones a priority for Canada's top carriers

**WIRELESS** The shift toward so-called smartphones — wireless devices that combine voice calling, email, mobile web browsing and multimedia functions — could pick up speed in Canada as the country's big wireless carriers seek to avoid an "abyss" created by falling prices for voice services.

A weak economy and the threat of increased compe-

tition is putting near-term pressure on carriers to move more subscribers on to devices such as the popular BlackBerry or iPhone in a bid to boost how much they spend on wireless services.

Smartphone subscribers generally require both a voice and data package to make full use of their devices' features.

TORSTAR NEWS SERVICE

**In brief**

**OIL** Total SA boosted its hostile takeover offer for UTS Energy Corp. by more than a third to \$1.75 per share yesterday, but the offer was branded as inadequate by some of the oil sands developer's biggest shareholders. **REUTERS**

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## Market analysts shun Canwest

**Shares of Canwest Global Communications are essentially worthless and should be avoided by investors as Canada's biggest media company fights to restructure its massive debt amid an advertising downturn, analysts said yesterday.**

Canwest has another debt deadline looming today, by which time it must

pay \$30.4 million US in interest to holders of its eight per cent senior subordinated notes. The payment was originally due March 15, but the company missed it.

If it doesn't pay today, the investors can demand the repayment of about \$761 million of outstanding principal on the notes. This could further exacer-

bate Canwest's problems.

"Given the significant liquidity challenges facing the company, we see no residual value in the shares of Canwest," BMO Capital Markets analyst Tim Casey wrote in a note to clients.

While critical, the looming interest payment is only the tip of the iceberg for Winnipeg-based Canwest, which has a debtload of

about \$3.7 billion Cdn, some of it dating back to its 2000 acquisition of newspaper assets from Hollinger International.

Analysts have said that Canwest could file for bankruptcy protection, but the company thus far has continued to negotiate with its creditors rather than involve the courts.

REUTERS

## eBay Sellers are Making \$10,000+ a Month



By James Ryder

Why settle for mediocre pay and long hours when it is possible to make over \$100,000 a year from the comfort of your home?

Over 170 million people are registered eBay users and 1.3 million are making a full-time living through online auctioning, leaving their everyday jobs.

Dan Lok, online auction expert, is one of many people who have left the mundane aspect of a 9-to-5 desk job and begun to make his own income at home with the help of his children. Now Lok is making around \$10,000 a month by selling a variety of items that can be found in his home.

"People shouldn't wait until they find themselves out of a job before they find out they are not financially secure," Lok said. "They should start ensuring their own and their family's financial future immediately."

Not only does eBay allow people to make money and get rid of some things that may no longer be of use, there are more benefits than cash. If a seller can make \$1,000 a month or more, they can qualify for most of the same benefits that are available in a regular 9-to-5 job, such as health, vision and dental. Over 200,000 members of eBay qualify for these

benefits and more.

Not only does using eBay at home cut back on paying for gas and having to deal with the hassle of rush hour traffic, but also consumer demands through the Internet are continually growing, allowing for a higher income rate per seller.

One source says on average one car is sold every two minutes, a car part or accessory sold every three seconds, diamond jewelry every eighty-three seconds, and a pair of Timberland shoes every ten minutes. These items and more, from concert tickets to stamps and coins, are sold daily by average people looking to gain an income or better their current cash flow.

"Anybody can do it if they know the right technique," Lok said. "With the right techniques it's easy to make extra income."

It is rather easy to get started in the process and become acquainted with the techniques.

With a little homework, access to an Internet-ready computer, and some basic computer knowledge, anyone can be on their way to becoming a member of the fastest growing community in the Canada and the U.S.

"Why wait to win the lottery," Lok said, "when selling on eBay is like winning the lotto every day."

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"I have recently sold a few items on eBay... Before listing fees and shipping cost, I have made \$7,202.50... I would consider this to be a good profit."

— Jeremy W.

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— Jennifer S.

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Ramada Hotel & Conference Centre  
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# Comment & Views

## Comment

# When is Canada going to finally grow up?

## National Report

### Lawrence Martin

metronews.ca/nationalreport

**P**oll on the recession just out. The West, where Stephen Harper is popular, thinks he is doing a terrific job of handling the economic crisis. Quebec, where he is not, thinks he's doing a terrible job. Ontario

and the Maritimes give him a middling rating.

The PM's anti-recession policies are national, not regional. But as the polling results indicate, regional hyper-sensitivities carry the day. They always have, they still do and they probably always will.

The prime minister actually made a good effort at trying to mend the regional divide. In his first term in office he bent over backwards trying to please Quebec, his granting of nation status to the Quebecois being no small example.

That won him some respect. But last August his government introduced nationwide cultural spending cuts.

In the great scheme of things it was hardly big news. But Quebecers, forgetting the PM's positive gestures, took this as a terrible affront. They were also angered that during the parliamentary crisis last fall, he went on about how awful it would be if separatists were part of a coalition government. As leader of the country, you're not supposed to condemn sepa-

ratists.

As a consequence, Harper's stock in the province has plummeted and the country has returned to its century-old divide.

The West in one corner, Quebec in another. For the Conservatives, it started way back with prime minister Robert Borden. He brought in conscription during the First World War.

It took Quebecers decades to forget. The Quebec-born Brian Mulroney brought the province back into the fold for a while, but try as he might, he could never satis-

fy Lucien Bouchard's constitutional demands. Quebecers turned on him in the form of the Bloc Quebecois.

The sensitivities in la belle province are matched by those on the prairies. Mulroney catered to the West, bestowing many a favour, such as the burying of the National Energy Program.

But he was not conservative enough on some economic questions and — Good Heavens! — he chose Montreal over Manitoba in the awarding of an aircraft maintenance contract.

That was enough to trigger a revolt in the form of the Reform Party.

The Liberals, of course, have never been able to catch a whiff of support in the West ever since the NEP. It's three decades later. Westerners won't forget.

It's the 21st century and the country's great cleavages are as wide as ever.

Some wonder if we'll ever grow up. They have reason to do so.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

## Views

# Reforming health care means reforming our illusions



Keith Martin

The biggest hindrance to better health care is our own illusions.

Contrary to public opinion, Canada does not have the best health-care system in the world. We actually rank 26th, but have the fifth highest health-care expenditures.

The Canadian Medical Association recently found that 17 of the world's top 20 national health-care systems are European. These world leaders all have mixed systems that combine both public and private providers so everyone

is covered. No one has huge medical bills and information technology is widely used.

Using central IT databases to input prescriptions has led to less drug abuse, greater oversight and increased transparency. Also, the efficient integration of public and private services has actually drawn on the strengths of both systems. Countries have even been able to expand coverage to include global prescription drug coverage. The introduction of healthy competition has spurred innovation, better care and cancelled out inefficiencies in the health system.

In Europe, patients are placed at the centre of the health-care system. Hospi-

tals are motivated to attract patients and provide optimal care because they receive funding and resources for services rendered instead of block-funding. Money is then freed up for prevention, health promotion and other initiatives that reduce the demands on the system. Unfortunately, the debate around health-care reform in Canada remains mired in the false assumption that changes to our current system would result in a U.S.-style system.

Canadians must fully grasp the following truths:

- An aging population and more expensive technologies are exhausting the supply of government money for health care.

- The Canada Health Act, and its five principles (public administration, comprehensiveness, universality, portability and accessibility), is broken in every province, every day.

We actually have a mixed system, but it is not integrated in a way that supports our public system. As such, the status quo is contributing to the creeping privatization of our public system.

We can have the best health-care system in the world, but we must have courage and not fear change.

Dr. Keith Martin has been the Liberal MP for Esquimalt-Juan de Fuca on Vancouver Island for 16 years. He worked as a physician in emergency medicine and general practice from 1987-2006.



It's your turn to tell others what you think. Email your thoughts and opinions to: [edmontonletters@metronews.ca](mailto:edmontonletters@metronews.ca)

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

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business 9

## Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

# Being bold is beautiful

## Take initiative in finding discounts on regular purchases

### SmartCookies



metronews.ca/smartcookies

In the past week, one of the Smart Cookies negotiated her dentist bill (15 per cent off), while another negotiated her parking ticket from \$60 down to \$15. We're not afraid to ask.

Admittedly, however, there was a time when we thought trying to negotiate a better price might make us appear cheap, rude or worse — embarrassed if we were turned down.

Now is the time though to negotiate on just about everything. To help you keep more money in your pocket, we've listed a few simple strategies to make the most of your negotiating:

#### Be Realistic

Don't go in and ask to

get something half price off up front. Let the retailer name their best offer and work from there. You might come in too high and offend or too low and leave cash on the table.

#### Be nice

The old adage you catch more flies with honey applies to money as well. You get more savings with a smile.

#### One at a time

If you're looking to get a group discount, negotiate the price of one item down first. For example, if you were looking to get a group of dresses (for a wedding, say), first negotiate a single dress down and then explain you are interested in buying more and the price should drop even further.

#### Pick the best day of the week

Think about when you're happiest and it's probably towards the end of the week. That's also when retailers are likely at

their happiest and most accommodating as well. Thursday and Friday are often the best days to negotiate on price.

On the flipside, make an appointment for a salon or service in the first half of the week (salon's slow days) and you may be able to negotiate a 10 to 20 per cent discount. Referring new customers could also earn you a price break.

#### Mom and Pop shops

Whenever you're buying from the owner, discounts are easier to get than in chain stores. Mom and Pop shops are also more likely to work a deal with you. They want to deter you from shopping at the big box stores and will have more flexibility to make a price change.

#### Cash is king

Vendors typically pay a processing fee when you use your card so they are more likely to cut you a deal using cash. Many times, it's possible to also negotiate the tax off if you

are using cash.

#### Other free stuff

If you don't get a discount, see if they can throw in anything additional. Free delivery, extra perks, etc.

Have a tip for the Smart

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Visit [smartcookies.com](http://smartcookies.com) or pick up Smart Cookies Guide to Making More Dough for more on saving and smart spending.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit [smartcookies.com](http://smartcookies.com) for more tips.

### Investing

**Allan Small**



Allan Small looks into the big U.S. banks and the current bull run. To read the column, visit [metronews.ca/investing](http://metronews.ca/investing)



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## Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

# Is it a hobby or business?

## MoneyMatters

**Henry Choo Chong**

metronews.ca/moneymatters

**Q** I've worked in retail for more than 10 years but I enjoy designing women's fashion. This year, I spent more than \$6,000 for materials, equipment and travel. I give my designs as gifts to family and friends. I was advised by a colleague to register a business and claim the expenses on my tax return. Are these deductible?

**A** — Talia With layoffs continuing at record numbers, many individuals find creative ways to earn income. Many entrepreneurs are born because of increased unemployment. The Canada Revenue Agency website describes factors that distinguish be-

tween a business and a hobby.

Expenses incurred for the purpose of earning business income can be deducted for tax purposes. These would include but not limited to such cost as office supplies, accounting/legal fees, travel expenses, advertising and marketing, material costs, etc. Cost incurred for the personal enjoyment of an individual's hobby are not deductible for tax purposes.

The act of registering a business in itself does not necessarily qualify expenses deductible for tax purposes.

Individuals involved in "hobby" activities such as artist, musicians, photographers, writers and the like should be diligent that their activities are commercial in nature for claiming expenses.

Keep receipts, proper books and records in the event of an audit by the enforcers of our tax system. Legitimate commercial ac-



One reader spends a lot making her own clothes as gifts.

tivities should not be denied deductions because of the nature of the activity.

Here are some factors used in determining if expenses are deductible for tax purposes:

- Expenses incurred for earning income
- Reasonable expectation of profit
- Intention of individuals
- Time devoted to business enterprise
- Capital utilized

Henry Choo Chong, CGA, can be reached at choohonghcgga@yahoo.ca.

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**Former all-star pitcher dies**

Former all-star pitcher Mark (the Bird) Fidrych died in an apparent accident yesterday at his farm in Massachusetts. He was 54. The colourful right-hander was the American League's rookie of the year for the Tigers in 1976. **METRO NEWS SERVICES**

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# Sports

EDITOR: JOHN.CHICK@METRONEWS.CA

**Sports in brief**

**NHL** The Colorado Avalanche fired general manager Francois Giguere yesterday, just one day after the team finished with the worst record in the Western Conference. The Avalanche posted a record of 32-45-5 for 69 points. "The results of this season are unacceptable," said Avalanche president Pierre Lucroix.

**MLB** Second baseman Orlando Hudson hit for the cycle yesterday as the Los Angeles Dodgers thumped the San Francisco Giants 11-1 in Los Angeles' home opener. Hudson completed the feat by tripling to the right-field corner in the sixth inning.

METRO NEWS SERVICES

**SCOREBOARD****NHL**  
**STANLEY CUP PLAYOFFS, FIRST ROUND**  
**TOMORROW'S GAMES**

N.Y. Rangers at Washington  
Philadelphia at Pittsburgh  
Carolina at New Jersey  
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**THURSDAY'S GAMES**

Montreal at Boston  
Columbus at Detroit  
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Anaheim at San Jose

**NBA**  
**YESTERDAY'S RESULTS**

Toronto 97 Washington 96  
Chicago 91 Detroit 88  
Cleveland 117 Indiana 109  
Dallas 96 Minnesota 94  
Houston 86 New Orleans 66  
Milwaukee 98 Orlando 80  
New Jersey 91 Charlotte 87  
Sacramento at Denver  
L.A. Clippers at Utah  
Memphis at Phoenix  
Oklahoma City at Portland  
San Antonio at Golden State

**MLB**  
**YESTERDAY'S RESULTS**

Toronto 8 Minnesota 6  
Baltimore 10 Texas 9  
Chicago White Sox 10 Detroit 6  
Kansas City 4 Cleveland 2  
Tampa Bay 15 N.Y. Yankees 5  
Chicago Cubs 4 Colorado 0  
Cincinnati 7 Milwaukee 6  
L.A. Dodgers 11 San Francisco 1  
Philadelphia 9 Washington 8  
Pittsburgh 9 Houston 0  
San Diego 6 N.Y. Mets 5  
St. Louis at Arizona  
Boston at Oakland

For more sports coverage visit:  
**metronews.ca**

## MacTavish dodges speculation

The **Craig MacTavish** resignation watch will go on another day or two, but nothing he said at Rexall Place yesterday leads me to believe he'll be back for his 10th season behind the bench with the Edmonton Oilers.

After three straight years out of the playoffs, MacTavish sounded like a coach frustrated that he did everything he could to get more out of this edition of the Oilers, but, ultimately, failed.

That said, the only options remaining are to significantly change the mix of players on the roster — a group that only faintly resembles the 2006 Stanley Cup finalists already — or find a new coach.

That, even with last week's vote of confidence

**CapitalSports****Robin Brownlee**

metronews.ca/capitalsports

from owner **Daryl Katz**, is exactly what fans can expect to unfold after MacTavish sits down with GM **Steve Tambellini** this week.

While MacTavish refused comment on his plans, including speculation he has already tendered his resignation, he addressed the obvious — it's been a frustrating and disappointing season.

"There were a lot of inadequacies in our game," MacTavish said. "The thing that was maybe most disap-

pointing for me was our culture took a hit here in terms of our work ethic and our selflessness.

"This year, there were a lot of nights as a coach I had to ask for more and, sometimes, the tank was pretty empty."

After a torrid 14-5-1 finish to 2007-08, MacTavish said during the pre-season he expected the Oilers to contend for a Northwest Division title. The Oilers never came close to meeting that expectation as they finished 38-35-9 for 85 points.

That left the Oilers 11th in the Western Conference, 15 points behind the Vancouver Canucks, who won the division.

MacTavish and assistant coaches **Charlie Huddy**, **Bill Moores** and **Kelly Buchberger** never did manage to coax consistent efforts from the mix of players on the roster despite juggling lines almost game by game.

**Shawn Horcoff** had an off-year offensively. **Ales Hemsky** had stretches of brilliance and then disappeared here and there. **Sam Gagner** got nothing done in the first half.

**Dustin Penner** was in and out of MacTavish's doghouse and the lineup, playing first line some nights, fourth line on others. Penner finished with 17 goals after scoring 23 last season and 29 the season before with Anaheim.

Special teams were abysmal. The power play finished ranked 23rd after a

**Worlds**

• **Shawn Horcoff** and **Dwayne Roloson** have been named to Team Canada for the World Hockey Championship. **Ales Hemsky** and **Ales Kotalik** will play for the Czech Republic, while **Tom Gilbert** and **Patrick O'Sullivan** will play for the U.S. and **Denis Grebeshkov** will suit up with Russia.

promising start. The penalty killing never did rise above being lousy, finishing ranked 27th.

So it's next-year time again. Don't hold your breath expecting MacTavish to be a part of it, at least not behind the bench.

In a decade covering Edmonton sports, Robin Brownlee has been the newsbreaker and insightful voice for fans in Oil Country. [edmontonletters@metronews.ca](mailto:edmontonletters@metronews.ca)

## The first round: A quick look at the playoffs

**NHL playoff teams were decided before the final weekend of the season, but the matchups weren't set until after the last regular season games were completed Sunday.**

**Eastern Conference**

**Boston (No. 1, 53-19-10) vs. Montreal (No. 8, 41-30-11)**

The Original Six rivals meet in a playoff series for the second year in a row and for the 32nd time overall. The teams have switched places from last spring, when the No. 1 Habs beat eighth-seeded Boston in seven games.

**Washington (No. 2, 50-24-8) vs. N.Y. Rangers (No. 7, 43-30-9)**

**Alex Ovechkin** takes **Henrik Lundqvist** could be a difference-maker in this series and **Sean Avery** is sure to get plenty of attention as well.

**New Jersey (No. 3, 51-27-4) vs. Carolina (No. 6, 45-30-7)**

Some had the Devils pegged as Eastern Conference favourites until they limped to the finish. Carolina has won two of the three playoff series between these teams and reached the Stanley Cup final both of those years — 2002 and 2006.

**Pittsburgh (No. 4, 45-28-9) vs. Philadelphia (No. 5, 44-27-11)**  
A rematch of last year's

Eastern Conference final for the rivals from Pennsylvania. **Sidney Crosby's** Pens might be the NHL's hottest team heading into the playoffs after compiling an 18-3-4 record under new coach **Dan Bylsma**.

**Western Conference**

**San Jose (No. 1, 53-18-11) vs. Anaheim (No. 8, 42-33-7)**

The first playoff series between two NHL teams from California since the Los Angeles Kings beat the Oakland Seals in 1969. San Jose was at the top of the league for most of the regu-

lar season and will be looking to shed its underachiever label from post-seasons past.

**Detroit (No. 2, 51-21-10) vs. Columbus (No. 7, 41-31-10)**

Detroit's quest for another Stanley Cup starts with a matchup against a division rival. Not only are the Blue Jackets appearing in the playoffs for the first time ever, they're doing so with a rookie goaltender. **Steve Mason** turned 20 just weeks ago and had a league-leading 10 shutouts this season.

**Vancouver (No. 3, 45-27-10) vs. St. Louis**

**(No. 6, 41-31-10)**

The Canucks did well to reel in Calgary and capture the Northwest Division title. Now they'll want to put home ice to good use. **Roberto Luongo's** team faces the Cinderella story of the NHL after St. Louis climbed from last place at the all-star break to an unlikely playoff position.

**Chicago (No. 4, 46-24-12) vs. Calgary (No. 5, 46-30-6)**

Which Flames team will show up? Calgary has been among the more unpredictable teams this season, looking brilliant during some stretches and awful during others.



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Trident Xtra Care is the first gum in Canada that is made with Recaldent, a form of calcium that works to make teeth stronger and fill tiny crevices in teeth where cavities can begin to form. **BEST HEALTH MAGAZINE**

# Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

## New and notable

• Throw out the toothpaste? Researchers at the University of Saskatchewan are testing a light-activated semiconductor toothbrush that actually releases electrons to break down plaque. Pretty electrifying!

• Go green. We may see green tea in more oral-care products.

Some research supports the natural decay-fighting properties of this agent.

• Rinse out and spit to beat oral cancer. Colgate-Palmolive is developing a mouthwash that may suppress cancerous tumours.

LISA BENDALL/  
BEST HEALTH MAGAZINE



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## Watch your mouth

Oral health reflects a person's overall health, say experts

CELIA MILNE  
for Metro Canada

### Caring for your teeth and gums is critical for overall health.

In fact, did you know that proper dental care might lower your risk of heart disease?

"You can't claim to be healthy if your mouth is not healthy," says Dr. Benoit Soucy, director of clinical and scientific affairs at the Canadian Dental Association in Ottawa.

When we don't brush and floss properly, plaque builds up in our mouths. Our gums then become inflamed. "Wherever there is inflammation it does create wear and tear on the whole system," Soucy told Metro. "When plaque builds up over the years, it could increase your chance of heart disease and other negative health outcomes."

Research shows that people with gum disease have more of other diseases such as pancreatic cancer, cardiovascular disease and premature births. Signs that you



April is oral health month. Take heed of the Canadian Dental Association's recommendations to brush your teeth and tongue at least twice a day, floss every day and avoid excess sugar.

may have gum disease are that your gums bleed easily, are sore to the touch and look as if they are receding.

The early stage of gum disease, called gingivitis, is very common, especially as we age. It affects about 53 per cent of adults and as

many as 98 per cent of those over age 60, according to a paper prepared by the Canadian Task Force on Preventive Health Care. Advanced gum disease is much less common, occurring in approximately seven per cent of young adults and 34 per

cent of the elderly.

A glimpse at the international medical literature shows the association between dental health and heart health.

Many medical studies around the world show that oral health tends to reflect heart health, though proof is still lacking that gum disease is a direct cause of cardiovascular disease. Researchers still haven't found the "smoking gun," says Soucy.

The Canadian Dental Association recommends the following steps to good oral health:

- See your dentist regularly.
  - Brush your teeth and tongue at least twice a day.
  - Floss every day.
  - Eat a well-balanced diet, avoiding excess sugar.
  - Watch for signs of unhealthy gums such as: bleeding when you brush or floss, red and puffy gums, bad breath that won't go away, loose or sensitive teeth, receding gums, change in colour of the gums. See your dentist if you are concerned.
  - Look for warning signs of oral cancer: bleeding, open sores, white or red patches, numbness or tingling, lumps in your mouth.
  - Don't smoke.
- April is oral health month, a reminder that we all need to take better care of our precious ivories.



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**Protect your teeth with yogurt**

Researchers at two Japanese universities discovered that people who regularly eat foods containing lactic acid, such as yogurt, have a lower incidence of gum disease — a major cause of tooth loss in adults. **BEST HEALTH MAGAZINE**

health & beauty **13**

# Sexual innuendo at work

Flirtation, banter in the office is bad for morale, reveals new study

## The J Spot

**Josey Vogels**

metronews.ca/thejspot

It'd be a pretty dull day at the office if no one ever cracked a dirty joke. But, some say, years of zero tolerance sexual harassment policies in the workplace have produced a frigid climate where everyone has to check their sexual beings at the reception desk (without making an inappropriate comment to the receptionist, of course).

Well, a new study has broken the ice... sort of.

Researchers at University of Toronto's Rotman School of Management and the University of British Columbia's Sauder School of Management discovered that some em-

**"Often a dominating behaviour is a way of making someone squirmy. Why bring this into the workplace?"**

Jennifer Berdahl, professor

ployees say they actually, gasp, enjoy the occasional sexually charged joke, discussions of sexual matters or flirtation around the office.

But before you go patting your co-worker on the butt, the study also found that the same workers who said they enjoyed some sexual banter in the workplace also withdrew from work, felt less valued and reported depressive symptoms more often than employees who experienced little to no sexual behaviour at the office.

In other words, a little sexual innuendo might be good for a laugh, but it's lousy for morale and productivity.

"In our culture, sexuality has connotations of domination, subordination and vulnerability," said professor Jennifer Berdahl, co-author of the study.

"Often a dominating behaviour is a way of making someone squirmy. Why bring this into the workplace?"

Considering how quickly most dinner party conversation eventually gets around to the topic of sex, it's unrealistic to think that people who spend eight to 12 hours a day together aren't ever going to go there.

But you only have to watch an episode of *Mad Men* to see how bad things might still be if we

hadn't put on the brakes. Sexual harassment laws did much to eliminate the day when it was okay to make "bosom" cracks in front of your female secretary.

Sure, harassment laws can be applied overly zealously — using them to stop a man from putting a picture of his wife in a bikini on his desk, something that apparently happened somewhere in the U.S., for example.

But, as far as I'm concerned, as long as men and women are too daft to recognize behaviour that makes another person squirmy, we still need rules to keep the workplace from feeling like a singles' bar or, even a dinner party.

And no, I don't think that's funny.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit [joseyvogels.com](http://joseyvogels.com).



One only has to watch an episode of *Mad Men* to see how bad things might still be if we hadn't put on the brakes on sexual banter/behaviour policies in the workplace.

## Protect your pearly whites against damage

BRIAN COULTON  
for Metro Canada

**You sweat, snip and style to keep your body looking its best, but when it comes to your mouth, you might be making sacrifices that threaten your overall health and beauty.**

"Previously, there weren't as many options to make your smile look better," says Dr. Charles Botbol, the namesake behind Toronto, Ont.'s Dr. Charles Botbol & Associates Cosmetic and Family Dentistry.

But technical advancements in whitening and porcelain dental substitutes, added to oral exposure on television shows like Ex-

treme Makeover, he says, have caused people to want to protect their pearly whites.

"People are understanding that if they take good care of their teeth and gums and help prevent gum disease, which is the number one reason adults lose teeth, they're going to feel better and be healthier."

Prevention can be as simple as examining personal habits that cause oral damage. Drinking coffee, tea or red wine, smoking cigarettes and chewing on items like ice or pencils are popular routines Botbol says contribute to dental damage.

But when it comes to that morning caffeine kick, or Shiraz on a Saturday night,

sometimes our appetites for indulgence outweigh our conscience for care.

That's why Botbol recommends using a pre-brush rinse to help to whiten and maintain brightness of teeth, brushing with a soft-tooth brush and fluoridated paste twice daily for three minutes, flossing at least once a day and using an antiseptic rinse to purge germs.

And don't forget those lips. While the importance of oral health is undeniable, keeping the area surrounding the

mouth healthy with an SPF protectant is a tool Botbol says will enhance the appearance of healthy teeth.

"Like a piece of art, if you have a gorgeous picture painted by Picasso and the frame is beat up, it takes away from that picture. If your teeth are beautiful but your lips are chapped and you're not moisturizing them and protecting them from the sun, your lips are the frame for that picture."

Lips are an important factor when considering oral health. For UVA/UVB protection, try Burt's Bees' Sun Protecting Lip Balm, SPF 8, left. Available at specialty, health and drug stores, \$4.49.

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# Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

## Broad horizons

CANDICE WARD  
for Metro Canada



**Money may make the world go 'round, but it should not stop anyone from actually seeing it.**

For University of Alberta students like fourth-year Arts student Gwyneth Dunsford, 22, education goes far beyond the realms of the classroom.

"Students are already in debt or they are going into debt, but are you going to remember that you took out that loan, or are you going to remember that you went to the Acropolis?" says Dunsford.

Like most people these days, students are also affected by the economic downturn and are seeing a lot less disposable income, but there is no price tag to experiencing one's educa-

tion. The U of A offers all students the chance to broaden their horizons with the Education Abroad program like Dunsford, who took her education to Norway for a year.

"It was a great opportunity to go and take some time off from normal classes here and travel and meet new people," says Dunsford.

While attending the University of Oslo, Dunsford immersed herself in the culture by getting a job at a local student café and bar.

Dunsford has since been working at the Education Abroad office at the university, helping to recruit more students to take their education to foreign lands.

"I think that it is really exceptional, unparalleled learning tool that you can have," says Dunsford.

The program also assists

students in finding funding for the type of international experience they are looking for.

"Money has always been an issue with students," says Barry Tonge, Director of the Education Abroad Program at the U of A.

For some students, it could just be a matter of scaling down the type of experience they want, like spending just a semester overseas as opposed to a full school year.

"Many know that they are going to go into debt but they see it as an investment into themselves," says Tonge.

Taking part in international education programs is a lot more than just academic tourism, it gives students a chance to give themselves a leg up on the competition when it comes to job hunting.



U of A student Gwyneth Dunsford maps out a future for students planning on studying abroad.

"There is often the sense that is going to cost you money; my sense is that it is going to cost you opportunity," says Tonge.

Tonge says there are pro-

grams offered to meet everyone's challenges and interests, from internships, research and volunteering opportunities to full exchange programs.

"If you are planning on spending the rest of your life on this planet, maybe it makes sense to understand it a bit more," says Tonge.

## Working abroad can help build desirable global career skills

NOELLE MUNARETTO  
for Metro Canada



If your friends and family describe you as curious or adventurous, expanding your emotional and physical boundaries by working abroad might just be a step in the perfect direction.

Over the past 30 years, international exchange program SWAP Working Holidays has connected adventurous youth with overseas opportunities.

"This is for people who are interested in the world and who are not satisfied to remain in Canada for the rest of their lives," says David Smith, SWAP's director.

Youth registered with SWAP get help with everything from visa paperwork to destination planning. Partner offices at overseas locations assist students when it comes to finding jobs, navigating accommodations and making friends.

Jean-Marc Hachey, the

author of the bestselling book *The BIG Guide to Living and Working Overseas*, says working abroad can also help boost your resumé.

"The number of jobs requiring international experience has risen exponentially each year for the last 10 years," he says. "Everyone needs global career skills. Eventually, almost every job will have an international component to it."

On top of that, Hachey says another personal payoff from travelling abroad

comes from experiencing a new environment.

"It's addictive to meet people from other cultures and social groups," says Hachey. "Your life will change forever with the insights you learn travelling and working abroad."

Former animator Chris Hudson got the travel itch after falling in love with Japanese culture.

"I was feeling my life was a little stagnant. Like I wasn't doing what I was supposed to be doing," says

Hudson, reflecting on his career in Toronto.

After a three-week vacation in Japan, he decided to return to the country as an English teacher on a one-year work visa.

Hudson, who is now back home in Ontario, had such a great time that he plans on returning overseas at the end of the month. He also emphasizes that travellers must prepare themselves for possible setbacks.

"Right off the bat, one of

the first things I realized when I arrived was that everything I set up didn't quite turn out the way I expected," he says.

But, with careful planning and a secure job offer, Hudson says working abroad can be a positive experience.

"I can definitely say Canada is a great place. But to be honest, I'm not as excited when I'm here," he says. "(Abroad) you have a chance to fail. And that's part of the excitement."

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CANDICE WARD  
for Metro Canada



**Communication binds us together, but proper communication in the workplace can save jobs, money and even lives.**

NorQuest College has been offering foreign workers and local industries the opportunity to work together to bridge the gap to overcome any cultural differences.

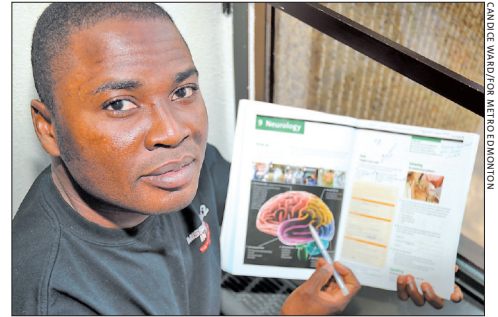
"What we have the job of doing is we help (foreign workers) integrate into the Canadian workplace more effectively and a little faster," says Todd Odgers, associate director for the Centre for Excellence in Intercultural Education at NorQuest.

The Centre for Excellence for Intercultural Education at NorQuest was established in 2007 and has seen a vast amount of growth over the past couple of years due to the large number of foreign workers in Alberta.

Odgers explains how many corporations hire foreign workers but may occasionally struggle with some cultural barriers; NorQuest's intercultural training program can assist them in breaking down those barriers.

Some of the training is tailor-made to the needs of the certain client, making the program accessible to any employer who hires foreign workers.

"Depending on where the organization is, its growth and development, we will customize a pro-



Fiacre Gakosso refines his nursing skills in English as a student in the intercultural program at NorQuest College.

gram to that," says Odgers.

NorQuest can offer many different levels of intercultural training, ranging from a half-day workshop to more extensive types of external training.

"They can more proactively and more productively deal with issues in the workplace," says Odgers.

Although job shortages seem to be the norm lately, NorQuest is making a positive move towards the future by preparing for an economic upturn.

Training foreign workers now will help when labour shortages are once again an issue in Alberta.

"We are putting all our ducks in a row so when organizations need to be running at full tilt, they will have the people that are ready to do that," says Odgers.

For the health-care industry, the shortage for trained professionals still seems to be looming.

"The population are in need, they are growing older now," says Fiacre Gakos-

so, 33, a student in the intercultural program at NorQuest.

Gakosso came to Canada from the Congo as a refugee and attended Andre Laurendeau in Montreal to receive his degree in nursing.

Because he received all of his training in French; upon moving to Edmonton, Gakosso needed to relearn courses such as medical terminology in English.

Gakosso says NorQuest was an easy choice for this type of training as it is the only institution in the city that offers a program like this, and he is eager to learn Canadian culture in the medical field.

"I will respect your culture and you will respect mine, but in a professional setting, we only have the same culture," says Gakosso.

For more information on this program, the official launch of the intercultural training website is set for April 29.

## Local yoga instructor gives back

ANDREW COWIE  
for Metro Canada



A local yoga instructor is allowing people to give back to the countries they visit while taking part in a travelling adventure.

Cole Williston, owner and jack-of-all-trades for the Plan It Adventure tour company, is offering guided trips to Peru where people get the chance to not only travel and see the land, but also get the opportunity to help the people of Peru with volunteer projects in the communities.

"Tourism is a multimillion-dollar industry," Williston said. "It's my opinion (that) if we can afford to go travel, we can afford to spread our knowledge or lend our services. Especially when we go to their country."

Williston said last year some of the help they extended ranged from painting a children's school to building a playground along the Amazon River.

"This year we're purchasing and building clean-burning stoves for houses," Williston said. "I think it was above and beyond people's expectations (because) a lot of people don't get the chance to volunteer."

The trips, offered in 12-day and 22-day packages, offer such activities such as horseback riding, a trek up to the famous Machu Picchu, hot springs, and daily yoga, something Williston started teaching in Edmonton six years ago.

"I was hungry for spirituality and also I had gone through a few classes and it felt like (teaching it) was something," he said.

As Williston continues

**"If we can afford to travel, we can afford to spread our knowledge or lend our services."**

Cole Williston

with his tours going into the future, he said he'll continue on expanding the work that can be done to help give back to the countries they visit.

"In the future, I'll cater trips to longer volunteer projects and longer time on volunteering," said Williston.

"I do one step at a time. I know what I want and what I can offer. For me, it's selling something I'm passionate about."

Prices and dates for the 12-day and 22-day trips can be found at [planitadventure.com](http://planitadventure.com).



**Learning Curve** is a monthly feature that focuses on education and student life. Next month's issue comes out on May 12.

# Students' art on display

MARISSA MIDDLETON  
for Metro Canada

**Emerging artists are getting ready to showcase their diverse talents and best works to the public in two exhibitions this month.**

The exhibitions titled Crux and Illusions of Grandeur will feature a number of pieces of artwork created by graduating students from Grant MacEwan's design studios and fine arts programs.

Crux will feature works by 21 fine arts graduates that includes drawings, paintings, sculptures, videos, photography, and digital prints. There is no theme to the show.

The pieces in Crux have been jury selected by three MacEwan faculty members, Cherie Moses, Michelle Lavoie and Agnieszka Matejko. The students can submit as many pieces as they want but typically only three to four of their works are chosen.

Annalise Prodor, a 19-year-old fine arts graduate, is planning to submit around 20 of the pieces she worked on in the two-year long program.

"I did a self portrait and I'm really proud of it because it was really gruelling and really hard," said Prodor. "I ended up getting a good mark on it so I hope it gets in the grad show."

Prodor believes that two of the most important things she has learned are how to think critically and

be curious. She also said that through preparing for Crux she has learned how to present her art work to the public in a professional manner.

"I hope that some of the general public will be able to find out about it and come out," said Prodor. "I've gone to school for two years with some of the most talented people and artists and its just crazy that only a small, select group is going to know about it."

Illusions of Grandeur will



Annalise Prodor stands with one of her works of art.

feature the works of 60 design studies graduates who transformed their studios into illusion-themed spaces with photography, illustration, motion image, exhibit presentation, and digital media works.

The exhibitions will take

place at Grant MacEwan's Centre for the Arts Campus. Both are free of charge and will feature student works for sale.

Crux runs from April 18 to 23 and Illusions of Grandeur is open on April 24 and 25.

## Overseas adventure a life lesson

RAFAEL BRUSILOV  
for Metro Canada

Studying abroad might seem like a daunting goal, but the rewards you gain and the lives you touch can stay with you for a lifetime.

While you do have to wade through some paperwork and plan ahead financially, studying and doing work placements abroad can be a great way to combine adventure, personal growth and life-changing experiences.

Sabrina Lucifero, international student affairs coordinator for the John Molson School of Business at Concordia University in Montreal, says studying abroad can be a highly rewarding experience for students because the life experience they gain can be a huge advantage in both their personal life and the boardroom.

"Students come back with a variety of experiences both academic and business related and they're able to grow on a personal level as well," Lucifero said.

With more employers looking for candidates that have broader life experiences under their belt and can show greater professional and personal maturity, Lucifero says more uni-



Studying abroad can be a highly rewarding experience.

versities like Concordia are encouraging students to consider heading abroad.

Of course not all learning happens exclusively in the classroom. For students interested in letting their studies have a direct, positive impact on the lives of the people they meet, co-op programs exist, which let you gain valuable field placement experience while helping people in need.

Lynn Caruso is co-ordinator at Seneca College in Toronto for the Students Crossing Borders program, which takes volunteers to communities in Jamaica during the summer to help build and maintain communities in some of Jamaica's most impoverished areas.

Caruso also co-ordinates an early childhood education program and says helping communities in need abroad can be an excellent way to expand your

horizons while giving of yourself to help others.

"It's a really great way to get exposed to what's going on in the world — it's about stepping outside of your comfort zone and finding out what it's like to help people in need," Caruso said.

If you do plan on studying abroad, Lucifero says you should keep in mind a few things:

- Start getting documents together well in advance.
- Keep your grades up — most study abroad programs and partner schools require a GPA in the vicinity of 3.0 to be accepted.
- Research your chosen destination country and its schools to find a program that matches your needs.
- Make sure the credits you gain at the foreign school will transfer to your home school.
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## Actors take centre stage

**BRIAN TOWIE**  
for Metro Canada



**Maybe the show's producers should just go ahead and call it Alberta Boys.**

It's a sure thing that Jersey Boys, the Tony Award-winning musical about the life of Rock and Roll Hall of Famers Frankie Valli and his Four Seasons, currently calls Toronto its home.

But there's a lesser-known factoid about its Canadian production — one that might pique the interest of those who believe (or know, depending on who you are) that Wild Rose Country is the greatest province in the Dominion. Albertans figure prominently in the musical, making up seven out of the 19 cast members — those being Calgary expats Jade Elliott, Victoria Lamond, Grant Tilly and Michael Lomenda, and Edmonton expats Timothy Sell, Aaron MacKenzie and Lindsay Thomas.

It's one example of how Alberta's theatrical talent, while not receiving the same notoriety as other parts of the country might,



From left: actors Timothy Sell, Jade Elliott and Grant Tilly.

is bubbling under the surface and beginning to gush. Sell credits grassroots enthusiasm for the arts — being local fringe festivals in Calgary and Edmonton — to developing theatre programs (such as the University of Alberta's, he says) as parts of the reason why.

"There's a great arts community that comes from Alberta," adds Elliott. "It's small at the moment but it's thriving."

The community that produced the actors still sees a great deal of its talent exported to other places. For these actors in particular, getting out wasn't intentional (except in the case of Tilly, who left school in

search of new climates), but more a case of happenstance. If you're a performer, you go where the work is — in this case, the jobs were to be found further east.

Not to say the actors are glad to leave Alberta behind. The trade of big skies and breathtaking scenery for their names in bright city lights was a costly one, and Sell, Elliott and Tilly all admit it's one they won't forget anytime soon.

"We left great friends and family," Sell said. "There's a down-to-earth familiarity that Albertans have, which you don't often find (in Toronto). We miss it."



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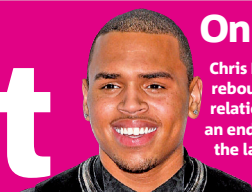
**Jewison to be honoured**

Cher, Faye Dunaway, Eva Marie Saint, Carl Reiner, Marilyn & Alan Bergman and famed cinematographer Haskell Wexler will join Canadian filmmaker Norman Jewison on stage for a special conversation about Jewison's legendary career in Los Angeles this Friday. **METRO NEWS SERVICES**

**19**

# Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

**On the rebound**

Chris Brown is reportedly on the rebound, just weeks after his relationship with Rihanna came to an end. The N.Y. Daily News reports the lady is a Virginia college student. **POPEATER.COM**

## Metric takes a positive turn

**BRYAN BORZYKOWSKI**  
for Metro Canada

Emily Haines might live in Toronto, but the jet-setting lead singer of Metric, has trouble writing music there. On *Fantasies*, the burgeoning indie rock band's fourth album, the songstress moved to Argentina for a couple of months to clear her head and pen her new album.

"Sometimes you have to remove self from your immediate environment to get perspective with what's going on," she says on the phone from New York. "I was on the road so much that when it came to writing a Metric record, I didn't feel like making a disc called 'I've been on tour for the past five years.'



*Fantasies*, the new album from Toronto indie rock act Metric, is now available in stores and online.

I forced myself to experience something that is outside the realm of anyone who knew me."

Haines almost went to North Carolina first, but at the last minute she found an apartment in Buenos Aires with a piano. She brought her Pro Tools enabled laptop and she was ready to go.

Don't worry though, *Fantasies* isn't filled with South American sounds — if anything getting out of Dodge allowed Haines to challenge herself without the watchful eye of the Toronto music industry looking on. "Doing this gave me a chance to get away from everything and return to what I do best,

which is write songs," she says. "As much as I enjoy and appreciate the touring and our connection with fans, I still need to be alone with my instrument."

The end result is another deeply intense and dark new wave, indie pop disc. Musically it's not a major departure from *Live It Out* or *Old World Underground*

— though it's arguably better than both those discs — but lyrically, Haines sounds slightly more cheery than usual.

While she won't say exactly why her lyrics take a more positive turn this time around ("I don't see any value of explaining what something is," she says), she does admit that the band was interested in fantasizing about the future and what happens when dreams come true.

"Anything you can imagine you can make real," she says. "That was really our preoccupation and how everyone I know is trying to navigate every day of their life. It's about their power of imagination over their environment."

For Metric's members, many of their dreams have

**"As much as I enjoy and appreciate the touring and our connection with fans, I still need to be alone with my instrument."**

Emily Haines

become real. They've opened for The Rolling Stones at Madison Square Garden, they've played every important festival and they're one of the more respected indie acts around. Yet, Haines claims she's never had a plan to be where she is today. "I follow an impulse to make things when I need to make them," she explains. "And I have no idea what is going to happen next."

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British actor Michael Sheen is joining Robert Pattinson & Co. in New Moon, the sequel to the blockbuster film Twilight, according to the U.K.'s Daily Mail. [EONLINE.COM](http://EONLINE.COM)

Sheen joins New Moon cast

# Evolution stops here

## Dragonball Evolution

**Director:** James Wong  
**Stars:** Justin Chatwin, Chow Yun-Fat  
**Classification:** PG

Another Japanese manga bites the dust with its cinematic adaptation: In this case, the *Dragonball Evolution* series, which has spawned a hugely lucrative worldwide cottage industry that has lasted a quarter-century.

That success is likely to come to a screeching halt with this big-screen version, which will displease its fans and prove utterly baffling to the uninitiated.

The film opened Friday without press screenings, landing the No. 8 spot with estimated three-day sales of just \$4.65 million. Overseas prospects are brighter, with sales to date of about \$37 million.

A narration during the opening credits attempts to provide some background information about an ancient battle for Earth waged by the evil Lord Piccolo (James Marsters) —

why they named the biggest badass in the universe after a tiny flute is a mystery. But the real story line has to do with Goku (Justin Chatwin), an 18-year-old

six others in existence, has the power to grant its holder any wish.

Lord Piccolo is highly interested in this ability, of course, and while Goku is distracted beating up some bullies (he employs a martial arts style best described as "extreme dodging") and wooing a comely fellow student (Jamie Chung),

help him procure the remaining dragonballs before the coming solar eclipse — Zzzzzzzzz — sorry about that; where was I? Oh, yes. So Goku sets out on his adventure, joining forces before the inevitable final showdown not only with Master Roshi, who turns out to be a Hawaiian shirt-wearing leech, but also with the sexy Bulma (Emmy Rossum) and the thieving Yamcha (Joon Park).

Completely lacking in visual, narrative or stylistic coherence, the film also suffers from cheap-looking visual effects and poorly staged and edited action sequences that will not exactly please the fanboys. Not helping matters is the problematic casting. Rossum comes across about as tough as Hannah Montana; Chatwin is a decade too old for his role; Marsters, so compelling in *Buffy the Vampire Slayer*, is here vocally and visually unrecognizable; and Chow, though he seems to be enjoying himself, clearly is slumming.

REUTERS



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who is given a mystical dragonball by his grandfather Gohan (Randall Duk Kim). Said dragonball, when matched up with the

he drops a house on the old man.

Just before dying, Gohan instructs Goku to find Master Roshi (Chow Yun-Fat) to

## DVD picks

### The Reader

**Director:** Stephen Daldry

**MANY OF THE** elements are there for the awards-season attention *The Reader* received, with impeccable acting and faultless cinematography chief amongst its virtues.

Yet this Holocaust-themed story, which director Stephen Daldry and writer David Hare have adapted from the best-seller by German author Bernhard Schlink, loses depth and emotion in the transition to the screen.

Moments that resonate so strongly in print — the illicit sex and the pre-coital book readings — seem almost tawdry or trite. It's also uncomfortable watching what amounts to statutory rape, with an older woman seducing a young teenager.

Other scenes fail to make the full impact required of them, including the pivotal courtroom confrontations. Superlative acting mitigates the structural deficiencies, particularly Kate Winslet's Oscar-winning performance as Hanna, a woman we first

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**The Reader**



"The Year's Most Provocative Thriller!"

meet at age 35 in the Germany of 1958 as she seduces 15-year-old Michael (newcomer David Kross).

Michael learns almost nothing about Hanna during his summer dalliance, and doesn't see her again until a dozen years later, when she turns up in court charged with a horrific crime.

The film is bookended by an adult Michael (Ralph Fiennes) musing about his past and coming to grips with it.

Extras include deleted scenes and several featurettes, including one in which Winslet shows how much work and make-up it took to age her as Hanna.

TORSTAR NEWS SERVICE

#	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
4/14/09	2	CFRN	239 318	etalk	Hollywood	Law & Order: SVU	American Idol	(10:01) Fringe (N)	News (N)			
	3	KHQ	- 370	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser (N)	Rick Mercer	22 Minutes	CBC News: The National	The Hour
	4	CBXT	- 307	Coronation St.	Jeopardy! (N)	Hockey Night In Canada	The Doctors	NCIS "Nine Lives"	According-Jim	According-Jim	The Mentalist (HDTV)	Without Trace
	6	KREM	- 372	News (N)	Hollywood	Rita Rocks	Friends	NCIS "Nine Lives"	According-Jim	According-Jim	Curb-Enthusm	Your City
	7	CKEM	241 347	Law & Order: SVU	Entertainment	90210 "Okaeri, Donna!"	News	NCIS "Nine Lives"	According-Jim	According-Jim	Project Runway Canada	News Hour
	8	CITV	240 339	ET Canada	Entertainment	90210 "Okaeri, Donna!"	News	NCIS "Nine Lives"	According-Jim	According-Jim	The Simpsons	King
	11	OMNI	-	Two/Half Men	The Simpsons	Raymond	Dr. 90210 "Trans-Parent"	Wild! "Warthogs" (DVS)	My Hero	Summer Wine	Dancing With the Stars	Cupid (N)
	13	KXLY	- 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	American Idol (HDTV)	(10:01) Fringe (N)	Frontline/World (DVS)	News (N)	Independent
	16	KAYU	- 373	The Simpsons	Raymond	Dr. 90210 "Trans-Parent"	Nova (N) (DVS)	Frontline/World (DVS)	My Hero	Summer Wine	Tavis Smiley	Charlie Rose (N)
	19	CHTV	-	The Insider (N)	EI News	Dr. 90210 "Trans-Parent"	Nova (N) (DVS)	Frontline/World (DVS)	My Hero	Summer Wine	Tavis Smiley	Charlie Rose (N)
	22	KSPS	- 374	NewsHour With Jim Lehrer	400 Years of the Telescope	Seeking Refuge	EarthWatch One	EarthWatch Two	EarthWatch Two	EarthWatch Two	Larry King Live	Cooper 360
	24	WTVS	- 364	400 Years of the Telescope	Seeking Refuge	EarthWatch One	EarthWatch Two	EarthWatch Two	EarthWatch Two	EarthWatch Two	Larry King Live	Cooper 360
	15	CBNC	502	CBC News: The National	EarthWatch One	EarthWatch Two	EarthWatch Two	EarthWatch Two	EarthWatch Two	EarthWatch Two	Larry King Live	Cooper 360
	21	TWN	505 398	(S) EarthWatch One	EarthWatch One	EarthWatch Two	EarthWatch Two	EarthWatch Two	EarthWatch Two	EarthWatch Two	Larry King Live	Cooper 360
	27	CNN	500 500	Larry King Live (N)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)
	54	CTVN	501 391	CTV Newsnet	CTV Newsnet	CTV Newsnet	CTV Newsnet	CTV Newsnet	CTV Newsnet	CTV Newsnet	CTV Newsnet	CTV Newsnet
	70	BNN	504 508	Squeeze Play	Market Call	Market Call	Market Call	Market Call	Market Call	Market Call	Market Call	Market Call
	70	BNN	504 508	Squeeze Play	Market Call	Market Call	Market Call	Market Call	Market Call	Market Call	Market Call	Market Call
	20	TSN	400 400	Playoffs: Preview	SportsCentre (HDTV) (Live)	SportsCentre (HDTV) (Live)	SportsCentre (HDTV) (Live)	SportsCentre (HDTV) (Live)	SportsCentre (HDTV) (Live)	SportsCentre (HDTV) (Live)	SportsCentre (HDTV) (Live)	SportsCentre (HDTV) (Live)
	23	net	408 418	(6) MLB Baseball Toronto Blue Jays at Minnesota Twins	Hot Import	Hot Import	Hot Import	Hot Import	Hot Import	Hot Import	Hot Import	Hot Import
	47	SPEED	417 406	Super Bikes!	Super Bikes!	Super Bikes!	Super Bikes!	Super Bikes!	Super Bikes!	Super Bikes!	Super Bikes!	Super Bikes!
	94	SCORE	410 403	NBA Basketball: Celtics at 76ers	NBA Basketball	NBA Basketball	NBA Basketball	NBA Basketball	NBA Basketball	NBA Basketball	NBA Basketball	NBA Basketball
	9	EDACC	267 351	Alberta Primetime (Live)	Without a Trace (N)	Without a Trace (N)	Without a Trace (N)	Without a Trace (N)	Without a Trace (N)	Without a Trace (N)	Without a Trace (N)	Without a Trace (N)
	14	YTV	552 543	Drake & Josh	iCarly	Adrenaline Proj	Survive This	Malcolm-Mild	Futurama	Family Biz (N)	Prank Patrol	Falcon Beach
	17	TREE	553 546	Little Bear	Maggie-Beast	Comedy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	42	TOON	555 545	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken
	45	FAM	557 541	Zoe 101	Life Derek	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	-	TVA	121 714	TVA 18 heures	Le Cercle (SC)	Qui perd gagne (N) (SC)	La Fievre de la danse (SC)	Kilimanjaro	Kilimanjaro	Kilimanjaro	Kilimanjaro	TVA 22 heures
	18	CMT	575 583	Reba	Hope & Faith	Hope & Faith	Manhunters	Manhunters	Manhunters	Manhunters	Manhunters	Manhunters
	25	A&E	515 520	The First 48 (HDTV)	Reba	Manhunters	Manhunters	Manhunters	Manhunters	Manhunters	Manhunters	Manhunters
	26	MMM	571 581	Rock Rundown	Entourage	Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons
	29	FOOD	603 561	The F Word	Good Eats	Good Eats	Good Eats	Good Eats	Good Eats	Good Eats	Good Eats	Good Eats
	31	SHOW	617 522	Wife Swap	The Outer Limits	The Outer Limits	The Outer Limits	The Outer Limits	The Outer Limits	The Outer Limits	The Outer Limits	The Outer Limits
	32	DISC	520 505	Destroyed	Time Warp	Combat School (N)	Combat School (N)	Combat School (N)	Combat School (N)	Combat School (N)	Combat School (N)	Combat School (N)
	33	SLICE	601 562	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Rich Bride, Poor Bride
	34	W	602 567	Style by Jury	Style by Jury	Style by Jury	Style by Jury	Style by Jury	Style by Jury	Style by Jury	Style by Jury	Style by Jury
	35	TLC	521 560	18 Kids-Count	18 Kids-Count	Toddler's Tiaras (N)	Toddler's Tiaras (N)	Toddler's Tiaras (N)	Toddler's Tiaras (N)	Toddler's Tiaras (N)	Toddler's Tiaras (N)	Toddler's Tiaras (N)
	36	BRAVO	620 523	Life Bruce Cockburn	Life Bruce Cockburn	Life Bruce Cockburn	Life Bruce Cockburn	Life Bruce Cockburn	Life Bruce Cockburn	Life Bruce Cockburn	Life Bruce Cockburn	Life Bruce Cockburn
	38	SPIKE	628 584	Ultimate Knockouts 6	Deadliest Warrior (HDTV) (N)	NCIS "Family"	NCIS "Family"	NCIS "Family"	NCIS "Family"	NCIS "Family"	NCIS "Family"	NCIS "Family"
	40	HIST	522 506	Crime Stories	NCIS "Family"	NCIS "Family"	NCIS "Family"	NCIS "Family"	NCIS "Family"	NCIS "Family"	NCIS "Family"	NCIS "Family"
	41	COM	626 547	Laughs	Comedy Now	Air Force	Just for Laughs	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1
	43	SPACE	627 528	Torchwood "Reset"	Ultimate Super Heroes-Villains	Home Videos	Seinfeld	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy
	44	WPCH	294 650	MLB Baseball	Mantracker	Bounty Hunter	Bounty Hunter	Mantracker	Mantracker	Mantracker	Mantracker	Mantracker
	46	OLN	411 457	What Happen?	What Happen?	Vanity Insanity	Tube Tales	Tube Tales	Tube Tales	Tube Tales	Tube Tales	Tube Tales
	48	TROP	619 525	What Happen?	What Happen?	Vanity Insanity	Tube Tales	Tube Tales	Tube Tales	Tube Tales	Tube Tales	Tube Tales
	50	STAR	621 527	Pretty Wicked	The Tonight Show-Jay Leno	The Tonight Show-Jay Leno	The Tonight Show-Jay Leno	The Tonight Show-Jay Leno	The Tonight Show-Jay Leno	The Tonight Show-Jay Leno	The Tonight Show-Jay Leno	The Tonight Show-Jay Leno
	52	HGTV	620 564	SarahCottage	Design Inc.	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters
	65	TLN	700 800	Nati Ieri	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond
	92	APTN	269 530	Wings-Canada	Storytellers	Wapos Bay	Cashing In	Fish Out	Mixed Blessing	The View (HDTV)	The View (HDTV)	The View (HDTV)
	93	VISION	261 394	Quantum Leap	I Prophecy	Supernatural	Supernatural	Supernatural	Supernatural	Supernatural	Supernatural	Supernatural
	100	MTV	581 566	From G's to Gents	From G's to Gents	From G's to Gents	From G's to Gents	From G's to Gents	From G's to Gents	From G's to Gents	From G's to Gents	From G's to Gents
	101	MM	570 580	CollegeHr	Video on Trial	Degrassi: TNG	Degrassi: TNG	Degrassi: TNG	Degrassi: TNG	Degrassi: TNG	Degrassi: TNG	Degrassi: TNG
	102	CPAC	526 596	(6:30) Primetime Politics	Tete a Tete	Tete a Tete	Tete a Tete	Tete a Tete	Tete a Tete	Tete a Tete	Tete a Tete	Tete a Tete
	103	VIVA	526 507	Missing "Cop Out"	Encounters	In Dreams	In Dreams	In Dreams	In Dreams	In Dreams	In Dreams	In Dreams
	106	RDI	126 730	Le Téléjournal (SC)	RDI en direct	Le National	Le National	Le National	Le National	Le National	Le National	Le National
	161	SUPER		The Namesake *** (2006, Drama)	Kal Penn.	(9:15) Young at Heart *** (2007, Documentary)	Death San	Death San	Death San	Death San	Death San	Death San

## critics' corner

### Hockey Night in Canada: Stanley Cup Countdown

Time for casual hockey fans to start paying attention, as Stanley Cup time is upon us. In this special, Ron MacLean gathers his Hockey Night in Canada colleagues together to lay the groundwork for the postseason by breaking down the eight playoff series and examining the 16 teams that will be taking part. 8 PM on CBXT



NCIS

The team's hunt for the person who brutally killed a Marine puts Gibbs on a collision course with an old friend, senior FBI agent T.C. Fornell. Michael Weatherly, David McCallum, Pauley Perrette and Sean Murray also star in "Nine Lives". Jon Huertas guest stars. 9 PM on KREM CITY

### The Biggest Loser

Tim Gunn helps the contestants look their best after they receive complete makeovers from Tabatha Coffey and celebrity stylist Brandon Martinez. One contestant is sidelined with an injury that will dramatically affect her workouts. 9 PM on KHQ CHTV

## Mel Gibson's wife files for divorce

**CELEBRITY** The wife of actor Mel Gibson filed for divorce yesterday after 28 years of marriage, citing irreconcilable differences. In divorce papers filed in Los Angeles Superior Court yesterday, Robyn Gibson asked for her 1980 marriage to the Lethal Weapon actor to be ended. The couple, who have seven children, asked for privacy in a joint statement.

## Spector found guilty of murder

**VERDICT** Legendary music producer Phil Spector was found guilty yesterday of second degree murder in the death of actress Lana Clarkson. A Los Angeles jury returned the verdict against Spector, 69, after a five-month retrial.

REUTERS

## Kenya's Style



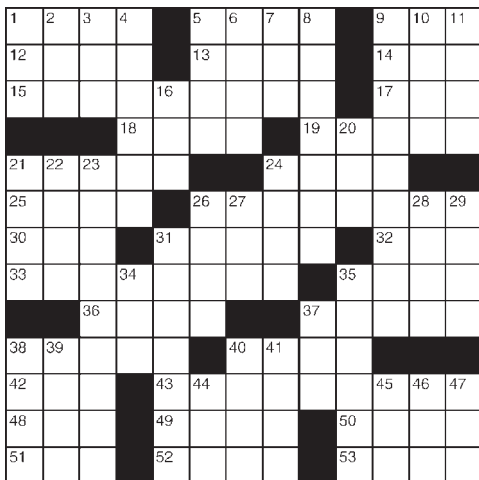
Read the blog at [metronews.ca/kenyasstyle](http://metronews.ca/kenyasstyle)

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**Michele McDougall, Weather Specialist & Host – Breakfast Television**  
 "My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" **WEEKDAYS AT 6 A.M.**



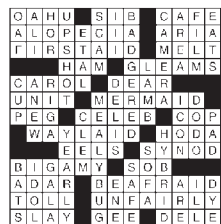
### Crossword across

- |                             |                              |
|-----------------------------|------------------------------|
| 1 Cry like a banshee        | 32 NASA deviation            |
| 5 "Say again?"              | 33 Last page?                |
| 9 Crafty                    | 35 Small combo               |
| 12 Europe's neighbour       | 36 Nestling hawk             |
| 13 German car name          | 37 Dashboard features        |
| 14 Tiny veggie              | 38 Folkways                  |
| 15 Peter Parker's alter ego | 40 Painter Mondrian          |
| 17 Cartesian conclusion     | 42 Actress Gardner           |
| 18 Hostels                  | 43 1984 mockumentary subject |
| 19 Doves                    | 48 Buddy                     |
| 21 Founded (on)             | 49 Sea flock                 |
| 24 Unaccompanied            | 50 Therefore                 |
| 25 Swiss peaks              | 51 Wapiti                    |
| 26 Directly                 | 52 Method (Abbr.)            |
| 30 Floral neckwear          | 53 Turned blue?              |
| 31 Actor Alan               |                              |

### Crossword down

- |                        |                         |
|------------------------|-------------------------|
| 1 Existed              | 26 Spheres              |
| 2 Cleopatra's slayer   | 27 Guitar's kin         |
| 3 Mid-afternoon hour   | 28 Greet                |
| 4 Restroom designation | 29 Pairs                |
| 5 Caution              | 31 Accumulates          |
| 6 Runs smoothly        | 34 CBS logo             |
| 7 Oklahoma city        | 35 Named                |
| 8 Small-timer          | 37 Narcus' org.         |
| 9 Freshwater algae     | 38 Jerry Herman musical |
| 10 Begin               | 39 Ellipse              |
| 11 Sweet potatoes      | 40 Needles' mates       |
| 16 Conclude            | 41 "Meet Me — Louis"    |
| 20 Yale student        | 44 Use a crowbar        |
| 21 Hairless            | 45 Take a shot at       |
| 22 Sheltered           | 46 Time of your life?   |
| 23 It takes thyme      | 47 Home for 14-Across   |
| 24 Use a teaspoon      |                         |

### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	9	4	6	1	3	5	8	2
6	3	8	9	2	5	1	4	7
1	2	5	4	8	7	9	3	6
2	8	7	5	3	9	6	1	4
5	6	9	7	4	1	8	2	3
3	4	1	2	6	8	7	5	9
8	5	6	3	9	2	4	7	1
4	7	3	1	5	6	2	9	8
9	1	2	8	7	4	3	6	5

Find today's answers + play more games at [metronews.ca](http://metronews.ca)

<b>SUDOKU SOLVE TIME:</b>	17-21 min .....Smart
Under 13 min .....Genius	21-25 min .....Not bad
13-17 min .....Scholar	25+ min .....Keep practising

### Metro Recipe of the Day



### Diner-style Hash Browns

#### INGREDIENTS:

- 1 1/2 lbs (750 g) all-purpose potatoes, peeled
- 3 slices turkey bacon, chopped
- 1 medium onion, chopped
- 1 medium green bell pepper, seeded and chopped
- 1/2 tsp (2 ml) paprika
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper
- 2 tbsp (25 ml) margarine

#### METHOD:

- Coarsely grate potatoes into large bowl of ice water. Let stand 10 minutes.
- Meanwhile, cook bacon in large non-stick frying pan over medium-high heat until crisp, 5 minutes. Transfer to paper towels to drain, leaving drippings in pan.
- Sauté onion and green pepper in pan until soft, 5 minutes. Transfer with slotted spoon to paper towel.

- Drain potatoes, squeezing out water. Transfer to dish towel and pat dry. Combine potatoes, bacon, onion, green pepper, paprika, salt and black pepper in large bowl.
- Add margarine to drippings and melt over medium heat. Spread potato mixture evenly in frying pan and cook, without stirring, until golden brown and crispy on bottom, 15 minutes. Place large plate over pan and invert. Slide potatoes back into frying pan. Cook until golden brown and crispy on second side, 10 minutes.

**SERVES 4**



### Horoscopes

**ARIES**  
**MARCH 21-APRIL 20**  
 Outsiders will cringe due to your ferocity. Discomfort brings a great deal to an end. An adored person rides off into the sunset.



**LIBRA**  
**SEPT 23-OCT 23**  
 An intimate friend has a sordid tale to tell. There's no help for an innate personality defect. Take responsibility for teaching a lesson.



**TAURUS**  
**APRIL 21-MAY 21**  
 Disregarded desire causes too much disharmony. You can't do something over again. A lover will find a way to build you up.



**SCORPIO**  
**OCT 24-NOV 22**  
 Get professional advice about computer problems. A bungler will slow down progress. Watch out for toxic companions.



**GEMINI**  
**MAY 22-JUNE 21**  
 Don't pass judgment on anybody. There's a fortuitous meeting with an ally. A brilliant performance gets noticed.



**SAGITTARIUS**  
**NOV 23-DEC 21**  
 Have facts and figures ready for a younger person. A disgruntled associate puts the ball in your court. Transit problems cause quarrels.



**CANCER**  
**JUNE 22-JULY 22**  
 A chatty buddy makes points with humour. A kind person takes note of your feelings. Start fresh when making decisions.



**CAPRICORN**  
**DEC 22-JAN 20**  
 Scintillating memories will come to mind. A winning plan has everyone cheering. Don't get exasperated by a change of fortune.



**LEO**  
**JULY 23-AUG 23**  
 Make a shocking request this afternoon. A forceful woman's skills come in handy. Get paperwork done before taking a drastic step.



**AQUARIUS**  
**JAN 21-FEB 18**  
 Ask about a hidden need for security. Don't be wounded by a shocking experience. Triple check your thoughts before replying.



**VIRGO**  
**AUG 24-SEPT 22**  
 Love life gripes force you to make a decision. Resist the desire to make impressive remarks. Don't ignore a favourite person's demands for loyalty.



**PISCES**  
**FEB 19-MARCH 20**  
 Problems with a friend lead to emotional turmoil. People will visit and remove your fear of the future. Expect confusion and odd behaviour.



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Tori Spelling insists that the supposed rift between her and her mother, Candy Spelling, isn't nearly as bad as it's been made out to be. "It's not like we're not talking, we just haven't talked," the actress tells People. **METRO NEWS SERVICES**

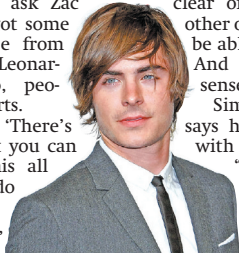
## Celebrity Buzz



## Zac takes Leo's advice

**PEOPLE** How does a young celebrity avoid the pitfalls of Hollywood? Just ask Zac Efron, who got some simple advice from fellow actor Leonardo DiCaprio, people.com reports.

"He said, 'There's one way that you can really f— this all up. Just do heroin,'" Efron, 21,



**METRO NEWS SERVICES**

tells GQ, recalling a chat with DiCaprio, 34, at a Lakers game. "If you steer clear of that — the other obstacles you'll be able to navigate.' And that makes sense, dude." Similarly, Efron says he only drinks with friends and "behind closed doors."

**KIDS** After striking out in India and Burma, Brad Pitt and Angelina Jolie are reportedly looking to the Philippines to adopt their next child.

"Brad and Angie flew out together," a source tells the Daily Mail. "They want to add to their family and tried to adopt from Burma, but the authorities are very strict, so they decided to look at the Philippines." However, Manila International Airport Au-

thority general manager Alfonso Cusi says there is no sign the couple has been in the country at all in the last week.

"I have checked with all our offices co-ordinating VIP arrivals as well as with the Bu-

reau of Immigration. Sorry to disappoint the fans, but they did not come to the Philippines," Cusi told the Filipino newspaper the Inquirer.

**METRO WORLD NEWS**



## Elisabeth overcomes diet issues

**HEALTH** A gluten-free diet won't stop Elisabeth Hasselbeck from learning the family recipes, people.com reports. "My grandmother was giving me her meatball-and-sauce recipe," The



View co-host, 31, tells Everyday with Rachael Ray. "When she got to the part about adding bread-crumbs, she looked up at me and said, 'Elisabeth, you can add whatever you want

here.' I thought, if my Italian grandmother can understand being G-free, anyone can."

Hasselbeck, who was diagnosed with celiac disease seven years ago, has written her own book, The G Free Diet, a guide for those who want to live gluten-free. **METRO NEWS SERVICES**

## Gay marriage bans like 'apartheid,' Charlize argues

**OPINION** Charlize Theron says the current marriage laws are a "form of apartheid," femalefirst.co.uk reports.

The South African-born actress — who has previously stated she will not marry her long-term partner Stuart Townsend until same-sex marriage is

legal in the U.S. — can't understand why America refuses to give gay people the same rights as their heterosexual counterparts.

She said: "I don't like living in an elitist world, it bothers me. I don't want to be part of an elitist sexual preference."

"It bothers me, maybe it's because I come from a country where I lived under apartheid but this is a form of apartheid and I don't want to be a part of that."

"It's not the reason I'm not getting married but it's maybe a part of it."

Charlize, 33, praised the movie Milk for helping keep the issue in the public consciousness.

She said: "I just loved the film, I absolutely loved the film."

"I loved the way it was embraced and the speeches and this conversation that we're constantly having about this issue, I don't want that to go away, I want us to keep having it."

**METRO NEWS SERVICES**

## Blake fathers illegitimate kid?

**RUMOUR** Looks like Amy Winehouse reconciling with her estranged husband, Blake Fielder-Civil, just got less likely.

Mother of two Gillean Morris tells News of the World that she's having another baby — and it's Fielder-Civil's.

The woman says she had a brief affair with Fielder-Civil while in a rehab facility in February, and she's

now six months pregnant.

"Blake seduced me and we had a secret fling," Morris tells the newspaper, adding that while he was shocked when he heard about her pregnancy, "He vowed to stand by me and raise the child."

**METRO WORLD NEWS**



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**Robbie writes off Take That return**

Robbie Williams will not be returning to Take That, former bandmate Gary Barlow says. Williams said last month a reunion was "looking more likely by the week," but Barlow said "Robbie won't be joining," ananova.com reports. **METRO NEWS SERVICES**



**Celebrity Buzz**

## Young Miley defends memoir as life lesson

**PEOPLE** Hannah Montana star Miley Cyrus has defended her memoir against critics insisting she's too young to publish her life story at age 16, femalefirst.co.uk reports.

Cyrus speaks out about growing up in the spotlight, being tormented by bullies and her breakup with Jonas Brothers singer Nick Jonas in her new autobiography *Miles to Go*.

And though the teenager admits she still has many lessons to learn, she is convinced sharing her many experiences will be eye-opening for her young fans.

She tells *Glamour* magazine, "People are like, 'You're 16, why would you write your life story?' But in the business I'm in, I have lived a life that some people

who are in their 60s haven't lived. I've gone through a lot and seen a lot. But I still have a lot to learn."

**METRO NEWS SERVICES**

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## Fat loss caused changes?

**PEOPLE** The Hills star Audrina Patridge has dismissed reports she has undergone plastic surgery to achieve slimmer facial features, insisting she's "just losing baby fat," femalefirst.co.uk reports.

The 23-year-old is preparing to

launch her own reality show, which will follow Patridge in her personal and professional life. But the brunette has laughed off claims she's had various medical procedures done to enhance her looks as she pitches the show to TV networks.

She tells the show *Extra*, "People think I've got my nose done, my chin done. I just laugh at it. I'm just losing my baby fat — everyone grows up and changes."

**METRO NEWS SERVICES**



## Madonna still wants Mercy

**LEGAL** Madonna is making it very clear that she still wants to adopt three-year-old Mercy James from Malawi, even though her initial application to take custody of the girl was rejected.

"I want to provide Mercy with a home, a loving family environment and the best education and health care possible," Madonna said in an email to Malawian newspaper *The Nation*.

And in a statement to

CNN, the singer said: "Though I have been advised that I cannot publicly discuss the pending appeal regarding my desire to adopt Mercy, I do want to say how much I appreciate the level of support that I have received from the people of Malawi and my friends around the world."

Madonna travelled to Malawi last month to adopt Mercy, but her application foundered when a judge said Madonna did

not meet the country's requirements that all prospective parents live in the country for 18 to 24 months while their suitability is assessed. That rule was bent when Madonna adopted David Banda in 2006.

**METRO WORLD NEWS**



## Get help, Sam begs Lindsay

**BREAKUP** While their very public breakup is more than a week old, friends say Lindsay Lohan and Samantha Ronson are still talking to each other — and Ronson is still concerned about Lohan's well-being.

"Sam has begged Lindsay to get help," a source tells *People* magazine. "Lindsay barely sleeps, which ex-

plains a lot of her behaviour. She's exhausted. She can't even sit down for a minute without pacing around the room. It's really sad."

**METRO NEWS SERVICES**

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## Simon's career time crunch

**PEOPLE** Apparently even Simon Cowell is mortal, *tvguide.com* reports.

The man who brings a certain something to American Idol, its across-the-pond predecessor, *X Factor*, and Britain's *Got Talent*, is beginning to question whether he can keep the candle burning at all three ends. And that's not even factoring in his work as a music producer.

"I don't want to come over as whiney, because I am very grateful that I have got these jobs," Cowell tells the U.K.'s *Daily Mirror*.

"But there is a point where I am not sure we

can keep this schedule up. I am not sure we can sustain me doing three shows a year, (along) with the record label and the TV production company."

**METRO WORLD NEWS**



## Drew's pet bond

**PEOPLE** Drew Barrymore lets her dog customize her jeans, femalefirst.co.uk reports.

The actress encourages her yellow Labrador-Chow mix pet

Flossie to rip up her new pairs of denim trousers to give them a fashionably distressed appearance.

A source said: "She lets Flossie chew on them and rip them up a bit and then she throws them in the wash-

ing machine. She thinks the look perfect! Not too calculated."

Barrymore regularly speaks about her beloved pet pooch and the special

bond the pair share. She once said: "Flossie is like my little daughter. I can't wait to have kids." Barrymore was saved by Flossie when a fire struck her \$3-million US mansion in 2001.

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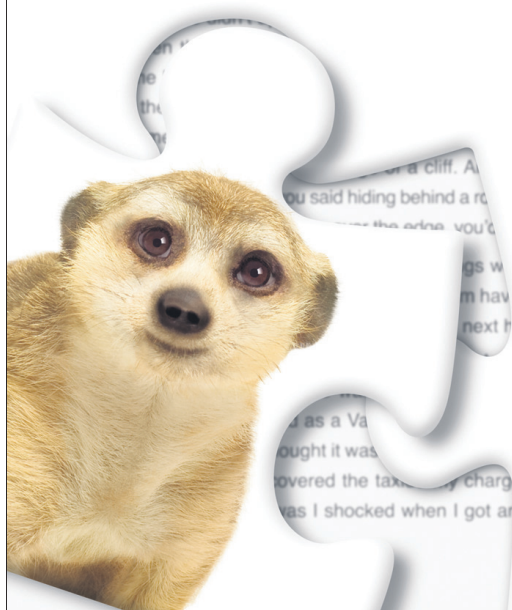


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